



Growing in Godliness: Spiritual Disciplines

1 Timothy 4:7, "Discipline yourself for the purpose of
godliness"

Lesson 3: The Discipline of Bible Intake (Part 2)

Review last week

1. Discipline of the mind: we need to reject what is evil and accept what is good
2. Ways of Bible Intake:
 - a. Hearing God's Word
 - b. Reading God's Word
 - c. Studying God's Word
 - d. Memorizing God's Word
 - e. Meditating on God's Word
3. Hearing God's Word: we need to sit under sound preaching
4. Reading God's Word: continue this week ...

Reading to feed, not reading to read

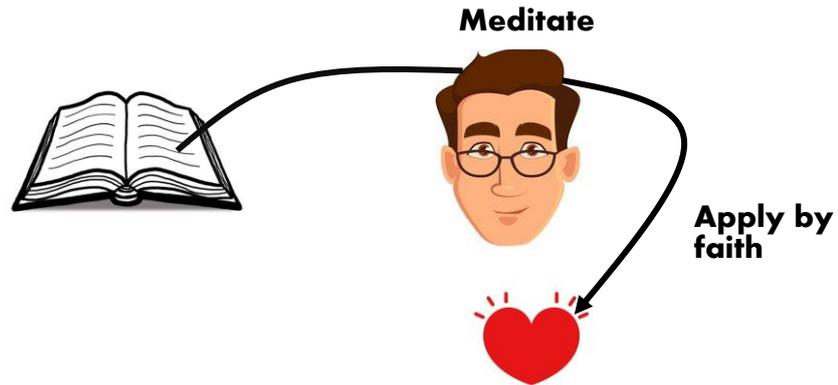
- **George Muller**, "Now what is food for the inner man? Not prayer, but the Word of God; and here again, not the simple reading of the Word of God, so that it only passes through our minds, just as water passes through a pipe, but **considering what we read, pondering it over and applying it to our hearts.**"

- **Biblical meditation:** deep thinking on the truths and spiritual realities revealed in Scripture, or upon life from a spiritual perspective, for the purposes of understanding, application, and prayer.

- **Reading to read**

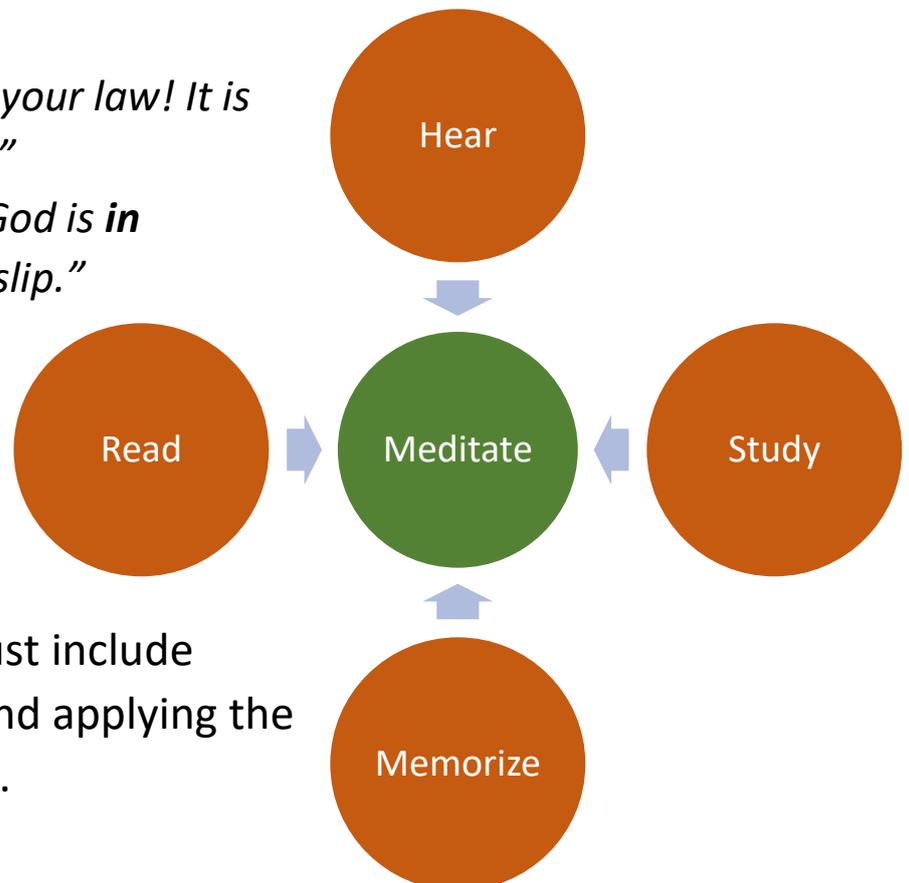


- **Reading to feed**



- *Ps 119:11, "I have **stored** up your word in my heart, that I might not sin against you."*
- *Ps. 1:2, "but his **delight** is in the law of the Lord, and on his law he **meditates** day and night."*
- *Job 22:22, "Receive instruction from his mouth, and **lay up** his words in your heart."*
- *Ps. 119:97, "Oh how I love your law! It is my **meditation** all the day."*
- *Ps. 37:31, "The law of his God is **in his heart**; his steps do not slip."*

- All Spiritual disciplines related to Bible intake that seek to conform us to the image of Christ must include considering, pondering and applying the text by faith (meditation).



Preparation for Bible Intake

- (1) Time: establish a particular time and lock it in
- (2) Place: find a suitable place
- (3) Bible: choose a good Bible translation and reading medium
- (4) Reading plan: settle on a particular reading plan

A method for Bible Intake

- (1) Humble yourself
- (2) Pray for help
 - a. *Ps 119:36, "Incline my heart to your testimonies."*
 - b. *Ps 119:18, "Open my eyes, that I may behold wondrous things out of your law."*
 - c. *Ps 86:11, "Unite my heart to fear your name."*
 - d. *Ps 90:14, "Satisfy us in the morning with your steadfast love."*
- (3) Find a particular verse, word, or statement
 - a. Identify a truth and write it down. Look for:
 - i. A command to follow
 - ii. A promise to believe
 - iii. An attribute of God
 - b. Identify an application from that truth and write it down
- (4) Share this truth and application with someone else
- (5) Meditate on the truth and application during the day

Bible Intake Practice

Psalm 27:14, "Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!"

Truth: God commands us to wait for Him. Waiting requires faith and strength. Faith to wait and believe God is in control and strength to not act.

Application: Repent for times I have not waited. Know that the Lord is greater than my struggles and has in fact ordained them. He will not fail me. Look to Him and trust Him.

Philippians 4:6-7

Truth: _____

Application: _____

John 17:20-21

Truth: _____

Application: _____
